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Abraham Maslow, who died in 1970, was a leading thinker in the human-potential movement. His strongly held belief that value-free science was 'unsuitable for human questions' helped to revolutionize traditional behavioural psychology.

In this stimulating book, adapted from his papers, he discusses the ways in which we can understand what it is to achieve the farthest of human possibilities. Maslow sets out to do this by studying those people who appear to have reached a state of 'full humanness' – intellectually, emotionally, physically, interpersonally – and who live their lives at a pitch of awareness which the majority of us would only experience at 'peak' moments. These self-determined, 'self-actualized', individuals with their full and satisfactory lives represent for Maslow the summit of human potential.

*The Farther Reaches of Human Nature* is an important introduction to the theoretical basis of 'humanistic psychology'.

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